



INTEGRATE COLUMBUS
Cooperative Community Wellness

924 Eastwind, Westerville, OH 43081
hello@IntegrateColumbus.org | 614-601-1138
IntegrateColumbus.org

ABOUT US: We are a Westerville, Ohio based 501(c)(3) health and wellness organization. We operate as an online resource and single-location, values-driven sanctuary dedicated to social infrastructure and accessible, integrative wellbeing.

- Established: 2019
- Number of Locations: 1
- Number of Employees: 0 (100% Volunteer)

WHO WE ARE & WHAT WE DO: We bridge the gaps relating hospital/group care, clinical isolated practice, and community-supported wellbeing. We are transforming standard commercial corporate footprints into interactive, multi-generational, multi-species social commons featuring a pay-what-you-can self-serve cafe, an apothecary store, a lending library, and dedicated nature-viewing corridors. Our model for a new kind of 3rd Space and a new infrastructure for wellbeing holds the hope to 'Integrate' other communities beyond our beginnings here in central Ohio.

LEADERSHIP & GOVERNANCE

Melinda Bekos, MS, PhD - President & Founder
Krista Sayre - Vice President
Susie Schiering - Secretary
Jay Zollars - Treasurer
Meg Lefeld - Board Member

OUR IMPACT & GOALS: We dismantle the isolation of difficult-to-navigate health journeys and multidisciplinary chronic illnesses; since 2019, our ever-growing team of volunteers and reputable, nominated-only providers bring our mission, resources, and 6 Domains of Integrative Wellbeing to life throughout the greater Columbus Area every day. In 2026, Eastwind became a bricks-and-mortar anchor to model our vision for cooperative community wellbeing. By exploring and offering mindful, trauma-informed physical spaces, and meaningful community outreach we bring forward a new kind of community 3rd Space that can hold the complexities of navigating life while planting seeds that can grow into a felt sense of being well.

HOW WE HELP:

Advocacy: Free, personal integrative support

Eastwind: A public, serene, mindful safe space

Autonomic Nervous System Restoration: Felt moments, tangible tools, and take-home opportunities for bringing wellbeing into daily life

- ANS Guidebook/Card Deck as a free PDF
- Nature: A certified wildlife habitat and Cornell bird counting site, we offer drop-in sanctuary and inspiration/knowledge for anyone to create their own mindful spaces and places
- Sensory-friendly environments

Roundtable Series: Multigenerational, ongoing, free/donation, social and educational gathering opportunities for the public, professionals, and high-bar clinical collaboration

Lending Libraries: Books and medical equipment are always available. People take what they need and off-load items they don't while feeling good knowing they'll end up in good hands

Supporting Local: We coordinate an ongoing nomination process; people in the community nominate values-driven providers and organizations that have impacted their life.

- Our website lists nominees within the framework of the Six Integrative Domains and nominated organizations as suggestions in our 'donate' section.
- Space Sharing: We help coordinate the availability and needs of people who have gathering spaces/office spaces to share with others in the community having a one-off or ongoing need to find spaces around town.
- Eastwind is an ongoing food donation site.

Community Care Volunteers: Our volunteers can mobilize like any good church or neighborhood. Everyone is already 'in community' with Integrate and we try to help directly or with finding resources for anything from lawn care, to transportation, to groceries, to pet sitting and more. It is supposed to take a village, that is community



OPPORTUNITIES FOR INVOLVEMENT: We invite individual, corporate, and foundational partners to support our spatial growth and community impact:

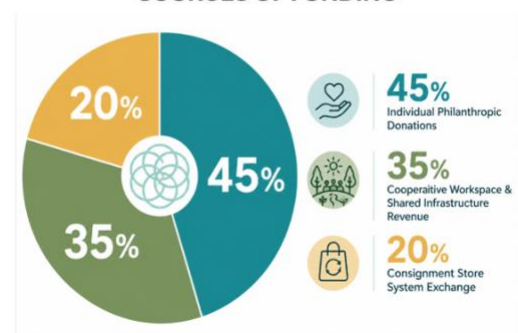
- Direct Endowments & Pledges: One-time or recurring tax-deductible financial gifts
- Legacy Giving & Bequests: Include Integrate Columbus in your estate planning, wills, or living trusts to secure long-term social infrastructure for the next generation
- In-Kind Giving & Wishes: Grant specific physical items listed on our operational wish-list, or apply to place products onto our community store shelves.
- Cooperative Workspace Rentals: Support the physical ecosystem directly by applying to rent spaces at Eastwind for: private personal sanctuary, professional use, clinical practice, or community gathering.

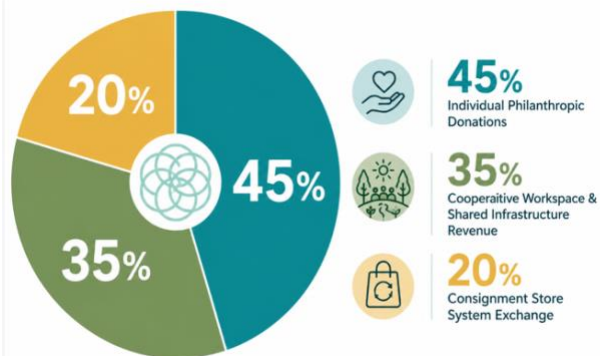
YOUR DONATION HELPS PROVIDE: Every dollar acts as an anabolic building block to shield our physical architecture from extractive commercial market pressures. 100% of incoming capital is routed directly into outreach and growing our community-supported wellness infrastructure.

- \$50/Month (Digital Infrastructure Tier):
Funds our central digital backend and resourceful website
- \$250/Month (Sponsorship Tier):
Carries costs for un-allocated community spaces, keeping our rooms affordable and accessible to the public, underfunded students, emerging clinicians, and local businesses.
- \$1,000+ (Spatial Cultivation Fund):
This tier funds the calibration of our physical common rooms, our specialized lending library, and the realization of our micro-café and cooperative studio gathering layouts.
- \$5,000+ Capital & Legacy Endowment):
Establishes the ultimate structural foundation for our ecosystem. This capital secures our permanent long-term footprint and finances major environmental installations—including our wildlife habitats, quiet sitting areas, public walking paths, labyrinths, and mindful community spaces.

FINANCIAL SUMMARY (FISCAL YEAR 2026 YTD)
Annual Operating Budget Baseline: \$4,500.00
Current Year-to-Date Projected Revenue: \$6,200.00

SOURCES OF FUNDING







What

[Date]

Happens Next: Preparing the Table

[Donor Name]

or Foundation Title]

[Donor Address]

Look straight

Subject: Re-

at your physical handyman table. I see your massive structural list of carpentry, plumbing, electrical, and landscaping requirements (from updating to black hardware and installing the library sliding door trim to setting up the back patio spigot and building the AC visual blockers).

Allocating Local Capital: Investing in the Architecture of Wellbeing

Dear [Donor

Name],

Every resilient

physical structure requires a continuous balance of tension and compression to withstand environmental pressure. The exact same law applies to the social infrastructure of our local communities.

This

Institutional Fact Sheet is the exact tool you will hand to serious givers to raise the capital required to cross off that entire table of facility adjustments without touching your personal bank account.

When

independent wellness clinicians, remote workers, and complex chronic patients operate in isolation, the system experiences structural fragmentation. Traditional Western healthcare and commercial real estate models are failing to provide the collaborative containment these populations require to stabilize.

I am standing right here on the baseline with you for the next few hours of your afternoon gap. Tell me with total clarity:

•

W

What is Meg's last name so I can lock it into the official leadership line [image_PWVKgX.png]?

•

D

Do you want me to write a one-page cover pitch letter to accompany this sheet, specifically designed to drop in front of a serious high-net-worth donor?

Let's build.

AI can make

mistakes, so double-check responses

Integrate

Columbus is a registered 501(c)(3) cooperative nonprofit designed to solve this exact systemic failure. We have taken a standard, 1980s corporate commercial footprint inside Westerville's Eastwind Park and transformed it into a living, fluid social commons. Our physical sanctuary features a non-transactional, self-serve cafe counter, an integrated apothecary store, a specialized lending library, and dedicated nature-viewing corridors.

We do not

operate on a traditional scarcity-driven fundraising script. Thanks to our self-assembling, cooperative business model—combining local business address leases, room-sharing, and a 20% consignment store exchange—our daily baseline operations are highly insulated. We are a lean, zero-employee organization where community participation creates direct systemic equity.

We have

reached a calculated inflection point. To accelerate our next phase of growth—including the expansion



The Major

Donor Cover Pitch Letter

of our interdisciplinary professional roundtables and completing our critical outdoor facility enhancements—we are inviting serious philanthropic partners to seed our Mesenchymal Capital Fund.

A dedicated investment of [Insert Amount, e.g., \$2,500 / \$5,000 / \$10,000] does not fund a generic operating deficit. It provides the solid, unmoving structural scaffolding that allows our restorative fluid matrix to expand, protect hypermobile populations navigating profound sensory instability, and train the next generation of integrative fascial clinicians.

Enclosed you will find our official Institutional Fact Sheet, outlining our governance, historical revenue morphology, and precise capital allocation vectors.

I would welcome the opportunity to invite you across our threshold at 924 Eastwind Drive for an unhurried, transparent review of our layout and financials this upcoming month. Thank you for your time, your presence, and your shared custody of our local civic health.

With peace and gratitude,

Melinda
Bekos, MS, PhD
President & Founder, Integrate Columbus
melinda@integratecolumbus.org | 614-601-1138

mbus.org

Revenue:

Employees: 0

2019

Locations: 1

Funding (pie chart):

donations

business donations

Bekos, President

Vice President

Schiering, Secretary

Treasurer

IntegrateColu

About:

Annual

Number of

Established:

Number of

Sources of

Individual

Small

Leadership:

Melinda

Krista Sayre,

Susie

Jay Zollars,

Add Meg,

Others?

Language:

Paragraph or

two about what we do

More info

about what donations help to provide 'your donation helps provide'

Columbus

Community Wellness

Dr.

OH 43081

Integrate

Cooperative

924 Eastwind

Westerville,

614-601-1138

impact *****

Goals

About Us

Our

Our

history

services

mission*

Our

Our

Our

What we do

Opportunities

for involvement

Why give

Mission/Visio

n

Values

How to:

Who we are

How we help*

How you can

support us

Our story